The Cooperative Institutional Research Program (CIRP) Freshman Survey is designed to capture a portrait of student characteristics of our incoming first-year (FY) class. This survey was administered early in the fall 2012 semester to students enrolled in English Composition I. There were 1,132 respondents. Of these, 998 (88 percent) were first-time, full-time college students.

The National Survey of Student Engagement (NSSE) is designed to capture the views of FY and senior students on the nature and quality of their undergraduate education. This survey was administered in the spring of 2012 to all FY and senior students. There were 1,149 respondents (805 senior students and 344 FY students).

Together these surveys provide a glimpse of student habits and perceptions as they enter UCO, as they finish their first year, and before they graduate.

When FY students enter UCO, about half of them (49 percent) perceived themselves as above average in physical health. On average, these students reported spending 6 to 15 hours a week doing physical activity or sports during their last year of high school (or for the year preceding their entry into UCO); eight percent reported that they never participated in such activities.

While approximately a quarter of undergraduate students reported that they participate very often in exercise or physical activity during their tenure at UCO, the number of students reporting that they never participate increased from entering FY students to seniors. Of the senior NSSE respondents, 19 percent reported that they never exercised or participated in physical fitness activities during their senior year.
In comparison to their national peers, UCO students reported a lower rate of participation in co-curricular activities, including intramural sports. Thirty-one percent of entering FY students reported that there was *no chance* that they would play club, intramural, or recreational sports. By the end of their first year, 54 percent of students reported that they *never* participated in any co-curricular activities, including intramural sports. Nearly doubling the percent of entering FY students, 61 percent of seniors reported that they *never* participated in these types of activities during their senior year. At all three survey points at UCO, reported non-participation was statistically higher than the national sample.

This report highlights several findings that the Office of Institutional Assessment thought might be of interest to you. The Freshman Survey Report and the NSSE data are very rich and can provide many insights into our students and their experiences at UCO. Sometimes the data is much more meaningful if the responses are disaggregated to reveal contrasts or patterns among different categories of students or over time. Please let us know if you want us to create a report for you that reflects your specific interests. If you are unsure how the data could be helpful to you, the Institutional Assessment staff will work with you to clarify the parameters of a useful report. Please call or send us an e-mail; we welcome working with you to use the data to help us understand and improve UCO.